

WHAT TO EXPECT AFTER CARPAL TUNNEL RELEASE SURGERY

Dr. Erik Dorf

Carpal tunnel surgery is very common to my practice and I have found the results to be consistent and reliable. Keep in mind that every person responds differently to surgery and treatment, and your recovery may vary from the below outline. Typical factors which influence the recovery process include:

- Your age and health.
- The severity of your fracture/nature of your injury
- The length of time between the injury and the surgery
- Your compliance with prescribed treatment and therapy



1. ***SURGERY DAY:*** You will have a soft dressing and a splint over the incision.
2. ***FIRST 48 HOURS AFTER SURGERY:*** You should wiggle your fingers as much as possible. Repeatedly making a gentle fist can help minimize swelling in the hand. Ice over your bandage can also be used to reduce inflammation. You will be provided with pain medication.
3. ***FIRST TWO WEEKS:*** You may remove bandages and shower 5 days after surgery. After showering, cover the incision with a band-aid. No lifting. Do not submerge your hand in water (bath, pool, etc.) until the incision is completely healed and sutures are removed.
4. ***AT YOUR TWO WEEK POST OP OFFICE VISIT:*** We will check your incision for healing, and remove the sutures from your palm. You may begin using your hand normally for most daily activities, no lifting greater than 15 pounds. Therapy is normally not necessary after this surgery.
5. ***FOUR WEEKS AFTER SURGERY:*** You may resume normal activity as tolerated, without any restrictions. Follow up with us on an as needed basis.
6. ***HOW LONG TO GET BETTER?*** Most people are **mostly** better by six weeks after their surgery. Immediately after surgery you should have a decrease in pain. Numbness and tingling typically resolves in 3-4 weeks, but often sooner. If you are having decreased sensation in your fingers you can expect this to resolve in 4-6 weeks. Strength is the last thing to improve and may take as long as 6 months to improve. Everyone's symptoms and recovery are different.

Should you have any questions, please call any of our offices at the following numbers:

Edwards (970) 569-3240

Frisco (970) 668-3633

Vail (970) 476-7220